Welcome to the June issue of the AgriLife Employee Wellness online newsletter!

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Welcome! JUNE 2016 ISSUE

Most of us cope okay in normal hot weather. But don’t risk getting sick during long periods of extreme heat.

Inside:
- Fitness After 50
- Switching to a New Eating Plan?
- What Your Knees Need

To access the TopHealth Online issue click the image above or you can copy and paste http://www.personalbest.com/TopHealthOnline/Access.aspx?login=texasam&password=welch&issue=879 into your web browser. Also, if you want to bookmark this website, add the above link in your favorites.